



news and information  
for employees of the  
City of Saint Paul

**November 2, 2001**

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### **Mayor**

*Norm Coleman*

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*Dan Bostrom,  
President*

*Jay Benanar*

*Jerry Blakey*

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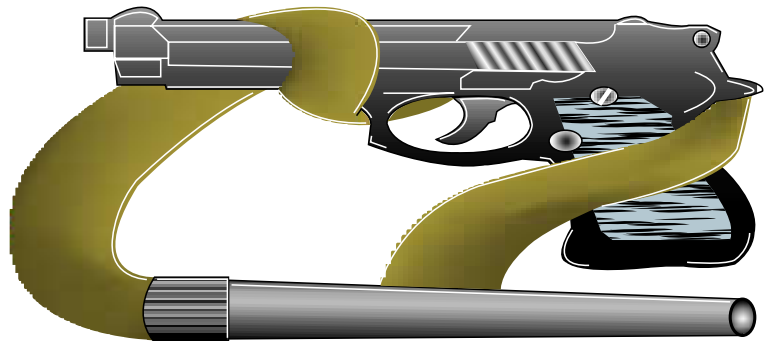
*City Update*

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*City Update*  
www.ci.stpaul.mn.us/cityupdate

# Guns & Hoses



## A BENEFIT FOR NEW YORK'S FINEST

The City of Saint Paul is proud to help sponsor and promote Guns & Hoses, a Veteran's Day Celebration of our Heroes and Heroines.

The event is a benefit for New York City firefighters and police officers.

The fundraising event is being planned by the Saint Paul Police and Fire Departments and sponsored by O'Gara's Bar & Grill and Liberty Bank of Saint Paul.

The fundraiser begins Sunday, November 11th, at Noon and continues until around midnight.

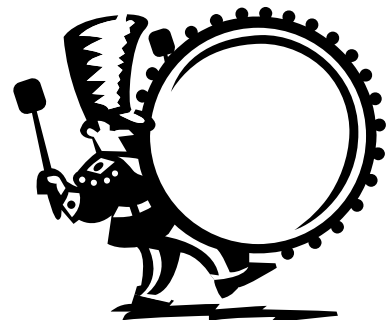
It all begins with a Veteran's Day parade, a 'booya' cook-off, Vikings football watching, and a full concert line-up featuring G.B. Leighton, Martin Zeller, and the Nathan Anderson Project.

The City's partners in the event include the Fire and Police

Departments, and are fully endorsed by Police Chief Bill Finney, Fire Chief Tim Fuller, Police Federation President Dave Titus, and other police and fire personnel.

Organizers of the concert portion of Guns & Hoses are asking for a donation of \$15.00 in advance (available at O'Gara's) or \$20.00 at the door. All of the proceeds raised will go to the families of the fallen firefighters and police officers from the World

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[www.ci.stpaul.mn.us](http://www.ci.stpaul.mn.us)

*Places to go. Things to do.*

[ilovesaintpaul.com](http://ilovesaintpaul.com)

## Metropass program offers unlimited bus transit for \$30 a month

You may have heard about Metropass, a progressive program whereby the City of Saint Paul provides subsidized annual, unlimited-ride bus passes. Metropass offers employees working in the 55101 and 55102 zip codes a very low cost means of unlimited bus transit. Simply put, employees pay only \$30 (pre-tax) per month by payroll deduction for a pass that is good 24 hours a day, 7 days a week, 365 days a year!

Compare this with a regular 31-day pass Metro Transit pass costing \$76 or parking rates in downtown costing up to \$190 per month!

To receive more information check out the City's intranet web site ([theorb.ci.stpaul.mn.us](http://theorb.ci.stpaul.mn.us)) or to enroll go to the Treasury counter in Room 160 city hall to complete an enrollment form and issued a temporary Metropass card. You will then need

to have your photo taken at the Metro Transit Store downtown for your permanent pass. City of Saint Paul employees who work in the 55101 or 55102 zip code areas are eligible to participate in Metropass.

If you have questions about Metropass or would like information about other transit issues, please call the Saint Paul Transportation Management Organization (TMO) at 651-265-2782.



## Food Shelf Donation

Angie Jasinski, an employee from the Office of Human Resources, retired after thirty-six years of service. As part of Angie's retirement party, donations were solicited for the food shelf. Three hundred dollars were collected for the Merrick Community Food Shelf in Saint Paul as part of the retirement party. Angie and Human Resources wish to thank all City employees and guests who contributed.

## City and County blood drives scheduled

The next City/County Blood Drive will be held on Thursday, December 20th in Rooms 40-42, City Hall and Courthouse from 8:30 a.m. to 2:15 p.m.

December may seem far off, but you may make an appointment now by responding to Gloria Tessier of Ramsey County at 651-266-2717 or at [gloria.tessier@co.ramsey.mn.us](mailto:gloria.tessier@co.ramsey.mn.us). Please include your phone number, department and work address in your message.

For those very dedicated donors, if you have recently donated, but before October 25th, you are still eligible to donate at the City/County Blood Drive on December 20th. Blood can be donated once every 56 days.



If you have a question about eligibility for donating blood you may call the Red Cross at 651-291-3885 to speak with a nurse.

There will also be a blood drive at the Public Works equipment garage at 891 N. Dale Street. That will be on Wednesday, December 19th, from 8:00 a.m. to 12:30 p.m. For an appointment, call Jean Anderson at 651-488-8348, or e-mail her at [jean.anderson@ci.stpaul.mn.us](mailto:jean.anderson@ci.stpaul.mn.us).



## Are you connected?

City & County Credit Union offers a wealth of information with a click of a mouse at: [www.cccu.com](http://www.cccu.com). Just a few things you can do on our Web site include:

1. Learn more about your credit union.
2. Apply for a loan
3. Find our current loan and savings rates
4. Pay your bills with our Bill Pay service
5. View your account information with PC FIRST
6. Request information on any product or service
7. Invest in stocks with our new online brokerage service

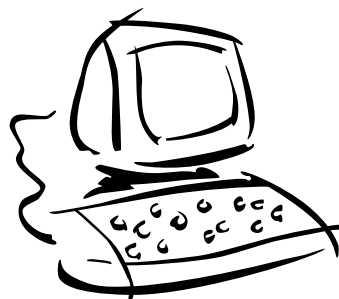
8. Check out our "Tips for Teens" and "Fun for Kids" sections

9. Calculate loan payments

10. Apply for a VISA credit card

Of course, you can still reach us at any of our three locations, or by phone at 651-225-2700 or 1-800-223-2801.

\*City & County Credit Union is federally insured by the National Credit Union Administration.



## The Great American Smokeout is November 15th

*If you smoke*, the single best thing you can do to improve your health and quality of life is to quit smoking.

The Great American Smokeout, an American Cancer Society event, is Thursday, November 15th. On that day, millions of smokers across the country will take a break and try not to smoke for 24 hours. You may ask "What's the point of not smoking for one day?"

*If you stop smoking for one day*, your blood pressure, heart rate, and temperature in your hands and feet normalize, as do oxygen and carbon dioxide levels in your blood. After one day of not smoking your likelihood of having a heart attack decreases. All of this after only one day!

*If you continue to not smoke*, the changes become more dramatic. After two weeks of not smoking, your circulation becomes better, and your breathing improves. Walking becomes easier. After one month of not smoking, coughing, sinus congestion, shortness of breath and fatigue decreases. You have more energy. After one year of not smoking, your excess risk of heart disease is less than half what it was a year ago. One day of not smoking may be your "jump start" to quit forever.

*If you smoke*, you've probably heard from well-meaning family members and friends that you should

quit. It's easy to say "quit smoking" but hard to actually do. In fact, if you're like most smokers, you've already tried to quit. Many smokers make many attempts at quitting before they are successful. But maybe if you quit for one day, it will lead to additional days, and then finally it will be your turn to gain freedom from tobacco.

If you want to kick the habit, here are a few tips:

- First, you need to decide that you really want to quit.
  - Next, pick a quit date; try November 15th.
  - Then, find a "buddy" who will support you. This should be someone you can call anytime during the first few weeks after quitting.
  - Change your routine: try to avoid trigger situations that make you want to smoke.
  - Throw out all your cigarettes and matches. Put away lighters and ashtrays.
- If you feel you need more help:
- Call HealthPartners about A Call to Change... Partners in Quitting: This course and individualized counseling prepare and help you through the quitting process. A health educator will work with you one-on-one over the phone during seven 15-minute phone sessions at your convenience between the hours of 8 a.m. and 6

p.m. The course is free to HealthPartners members, and \$105 for nonmembers. Call 952-883-7800.

- Sign up for the American Cancer Society FreshStart Class: This class offers the support of a group while you are learning how to become smoke-free. Led by a previous smoker and trained facilitator, this support group/class meets for four, 1-1/2 hour sessions. A co-pay may apply. Call (952) 544-7199 for more information.

- Join the Clean Break Smokers' Treatment Program: This uses a cognitive approach, individualized follow-up, and regular support. This program consists of five 2-hour classes over eight days and three months of follow-up. HealthPartners members receive a 20% discount. The fee is \$420, but payment is required only if a participant is satisfied; anyone can try at no risk. Call (612) 331-STOP (7867).

- Participate in the American Lung Association Freedom from Smoking program: Options include an eight-session program for \$90; an audio-tape program for \$5, or a self-help manual for \$10. Call 651-227-8014 OR 1-800-642-LUNG for details.

On November 15th join the Great American Smokeout and quit for one day. It may be the day you quit for life!

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Trade Center attacks.

Another fundraising part of the even is a raffle for two big prizes. A five-dollar ticket can win you the grand prize of a Ford Escape SUV or a Buell motorcycle.

The Veteran's Day parade starts at noon at the corner of Snelling and Jefferson, near O'Gara's and Liberty Bank. Police and fire units, veterans organiza-

tions, high school bands, and other units will be participating.

The Police and Fire Departments will be facing off in a booya cook-off set to begin at noon and running until 3:00 pm. Then Vikings football will take center stage from 3:00 to 6:00 pm. At 6:00 pm, the concerts will begin in the parking lot.

"It is an honor... to announce this most special event. I want to

encourage everyone to join us here in November to do their part to help the families of the many heroes in New York City," said Mayor Norm Coleman last month.

"To come together with our fire department is a great show of solidarity in a time when we, as a nation, have come together in our time of crisis. Our depart-

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ment is proud to be a part of this effort," said Police Chief Bill Finney.

Fire Chief Tim Fuller hopes the 'Guns 'n Hoses' benefit will give citizens a positive way to contribute following the attacks. "The outpouring of support we've all seen for the firefighters, police and rescue workers has been tremendous. I know Minnesotans want to do their part, and so I hope they'll come and support this wonderful event," said Chief Fuller.

Many commercial sponsors have joined in the great event. You can find out who they are and get additional updates about Guns & Hoses on the web at [www.communitychannel.com](http://www.communitychannel.com).

For further information about the event visit or dial the 'Guns & Hoses' hotline at 651-266-8542.



## Concert by Caterina, "Latin-American Diva" will benefit September 11th victims

Saturday, November 10th is the United States debut of Latina-American artist Caterina, as she performs her original traditional Latin American music influenced by American Jazz, Classical, Blues, Funk, Gospel, Fusion, and Hip Hop.

This concert, 7:00 p.m., at the O'Shaughnessy Auditorium on the campus of the College of St. Catherine, will be televised live and recorded live for her US debut album.

Special guests will include the opening act of The Eclectic Guitar Duo - Scott Fraser and Gene Swanson, and the Building Blocks Clowns: Snafu and Gingersnap.

A new song, "The Power of Twogether," was written especially for this concert in response to the murderous events of September 11th. Entire proceeds from sales of the single recorded at this concert will go to September 11th relief efforts.



There will 10 musicians in the back up band for Caterina, and special guest, guitarist David Simmons of the U\*B\*U Band and guitarist Minnesota Music Award Nominee, Corey White. Caterina's collaborating songwriting partner Robert Naumchik, will be performing on the grand piano.

There will be a great light show, mysterious fog, a choir, a 12-foot pirate ship, backup dancers, a local rap artist, and for the grand finale... pyrotechnics. You will not want to miss this very special event for all genders, cultures, ages and the entire family!

Caterina has energy that doesn't quit and the gift of singing in English and Spanish at her concerts.

For Tickets: Ticket Master: 651-989-5151, or if you wish to avoid ticket-handling fees. Please contact the O'Shaughnessy Box Office at: 651-690-6700

## City job openings as of November 2nd, 2001

Application deadline	Job title	Bi-weekly or hourly salary rate	Exam date
11/13/01	Emergency Comm's Center Fire Dispatcher I	\$1523.14	See Job Ann
Open	IS Information/Technical Analyst II	\$1436.07	See Job Ann
Open	IS Information/Technical Analyst III	\$1592.36	See Job Ann
Open	IS Systems Support Specialist II	\$1179.37	See Job Ann
11/08/01	Management Assistant I	\$1227.61	See Job Ann
11/15/01	Meter Technician Lead Worker (prom)	\$1361.90	11/21/01
Open	Recreation Leader (part-time)	\$9.05 per hr	See Job Ann
11/07/01	Street Services Worker	\$18.38 per hr	See Job Ann
11/05/01	Traffic Maintenance Supervisor I (prom)	\$1860.39	11/14/01

\*\* This is a walk-in-examination. Do not submit a job application before the test.

Note: Call or visit the Office of Human Resources to receive the official job announcement for these positions. Location: 400 City Hall Annex. Phone: 651-266-6500 (TTY/TDD 651-266-6501) or visit the web site: [www.ci.stpaul.mn.us/jobopenings](http://www.ci.stpaul.mn.us/jobopenings). For jobs announced after October 25th, please call our 24-hour job line, 651-266-6502.